



Boundary Umpires Round 16

T1

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T1 v2.0 Drills](#)
+
([Backward 5m to Forward 10m x3](#)) x3 w 30" b/w
+
4x 800m @5km Race Pace
- 2x *Throw-Ins* and 3min *jog recovery*
+
[Race The Throw](#)
+
[Body Armour C1](#)

T2

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T2 v2.0 Drills](#)
+
[Backward Arc To Stride 30m](#) x2 e/s w 30" b/w
+
3sets of
200m, 150m, 100m (80-85%)
- *Previous rep distance jog recovery*
- *300m jog recovery b/w sets*
+
[Cran Drill](#)
+
[Body Armour C2](#)

T3 or GAME

Pre-Session [Mobility](#) + 2km Ramp Warmup + [Warmup Drills](#)
+
6x 100m building strides w throw-in after each
+
[½ Mona Fartlek \(Original Recipe\)](#)

